

# 2023 *29<sup>th</sup> Annual* Granite State Open



**BODYBUILDING ~ FIGURE ~ BIKINI ~ PHYSIQUE ~ FITBODY ~ COUPLES**

**INBF SANCTION / WNBFF PRO QUALIFIER**

2023 A small note~

There are thousands of reasons to go to the gym. There are multitudes of body types, approaches, equipment choices and styles of training. But only one groove makes a solid Bodybuilder. The discipline, the focus, the consistency, the tenacity and the constant preoccupation of the stage deadline.

To this end, so is the mindset of a promoter. We gear up with targeted deadlines all year long to bring the best of our skills to the arena for novice and open athletes to compete. This year pulled from New England, to DC and the Midwest. Thanks to all who came from afar and locally to this Pro qualifying event. The competition was tight and the participation, as always, top notch.

2023 was a culmination of like-minded folks rallying their post co vid bodies into peak condition and gracing the boutique arena of The Brook on October 28<sup>th</sup> for our 29<sup>th</sup> Annual Granite State Open. All divisions were beautifully represented and each and every competitor did a fine job with listening to the flow of traffic and judges calls throughout the event.

As one may be a brand-new contender, a returning alum or a World's focused Titan, each and all were drug screened, tanned and pumped to enlighten an enthusiastic audience. The professional officials paced all with grace and fairness through respective quarter turns, mandatory poses and stage walks/routines. After prejudging and routines, awards were presented and teams mates stayed on to cheer their pals in other divisions. Our team award went to a group of peers and participants, including our lovely new MC, from CREATE in Manchester.



L.J. Turtle Promotions 

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Adding to Bodybuilding, Figure, Fit Body, Men's Physique and Bikini, is a GSO niche category: Couples~

We enjoyed the enthusiasm of these creative pairs as they showed off their compatibility in a series of physique coed poses and excellently choreographed routines. It's a fun and lively component to the GSO that we encourage all to consider. Have fun! We know the couple who got engaged on this stage sure did!

On this day, two interesting tales emerged. Imagine if you will: a mature timid athlete not knowing if the art of physique would allow him a personal best, to unplug from being the little guy throughout life to explode with confidence as a symmetrical, developed, muscular shape on a competition stage. Last season brought a Pro card to this newcomer and this year he continued his journey by activating that Masters status and continuing on to the WNBF Pro Worlds in Seattle. Among the new collection of World's peers, he showed up, held his own and completed a life affirming personal journey that no one else could have. Right next to him throughout the fall New England season was a gentleman who competed, qualified and also went to the big show. The latter took the World title. In being backstage with these two humble and kind men, the sports' common threads appear. Tenacity, self-awareness, communications with loved ones, and most importantly, humility. When you are a gym rat, the language is universal. Ideas, complements, suggestions, morale support all meld together to make being a part of this big show a lifetime memory. Alike Bodybuilding, each division requires hard work and comprehensive preparation to compete. We are thrilled to honor each of the above mentioned divisions with opportunity to earn the Pro status or personal best any individual seeks.



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It is fabulous being a promoter. I am blessed to meet and connect at a grass roots level with persons of all ages, regions, nationalities and sensitivities. To provide a forum with a fair field of play, honest screening, judging and amenities, support staff and comradery is a sincere passion.

We thank the athletes of the Granite State Open with our best efforts and encourage you to return Saturday October 19<sup>th</sup>, where the Seacoast of NH will honor you with all the longest running Natural Bodybuilding and more competitions in NH and beyond. You can see results/photos of individuals and groups on the drop-down galleries of the web site: [www.granitestateopen.com](http://www.granitestateopen.com) and keep in touch with us on facebook

<https://www.facebook.com/groups/1574557292760018> and IG@granitestateopen\_inbf.

We thank our sponsors and vendors for bringing the amenities to life. The Holiday Inn has provided Host Hotel facilities for decades. The local restaurants of the Dinnerhorn and Bratskellar, Gaslight and Goat provide top notch local fare for patrons and travelers to the GSO. We enjoyed the Casino fun before and after showtime and the food and drink therein for audience and athletes alike to savor. The folks at Allegra take care of our print and collateral needs, the love of Julie Van Meter guides our hearts throughout the year, Chris Keeley's sharp eye behind the lens provides athletes and production with high quality professional photography, our National Anthem features record holder Al St Louis, continuing to sing this show starter with breath taking vocals. Tuxedos and Suits with Style attire Ms. Turtle while Maggie's Suits assure professional gem stone designs for women of all arenas. NB Beauty came and glammed the ladies up to a gorgeous level for their stage needs. Heidi Zeiss



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and Rachel with STP tanning are amazing! Behind the scenes, the Turtle team guided the show seamlessly. It takes a crew, and ours is the best! Always feel free to shoot me a note for an application, a posing class, coaching recommendations, judging seminars and more.

Be well, be fit, be in touch! Laura Turtle  
Attached: The Men's Masters at the WORLDS



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